

GLUTE HYPERTROPHY PROGRAM

WEEK
1

BLOCK 1 - ACCUMULATION

DAY 1	LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BACK SQUAT	3	5	75-80%	8	3.0					DRIVE THROUGH HEELS, KEEP KNEES OUT IN DIRECTION OF TOES, WIDER STANCE, 15" FOOT FLARE	
	ROMANIAN DEADLIFT	3	6-8		8	1.5					SET HIPS BACK UNTIL STRETCH IS FELT IN HAMSTRINGS, THRUST HIPS FORWARD AND SQUEEZE GLUTES HARD AT THE TOP	
	A1. SEATED LEG CURL	3	12-15		8	0.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
	A2. SWISS BALL LEG CURL	3	12-15		9	1.5					KEEP GLUTES ELEVATED, THIGHS IN A "STRAIGHT LINE" WITH UPPER BODY, CURL BALL IN TOWARD YOUR GLUTES	
	MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		8	1.5					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
	LEG RAISE VARIATION (ABS)	3	10-12		8	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
	CRUNCH VARIATION (ABS)	2	12-15		8	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2	UPPER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	SEATED DUMBBELL PRESS	3	10-12		8	2.0					KEEP SHOULDER BLADES RETRACTED, STOP RANGE OF MOTION ONCE ELBOWS REACH 90°	
	CLOSE GRIP LAT PULLDOWN	3	10-12		8	2.0					PULL THROUGH ELBOWS, THINK OF ARMS AS "CONNECTORS", TOUCH BAR TO CHEST	
	CLOSE GRIP SEATED CABLE ROW	3	12-15		8	1.5					DRIVE ELBOWS DOWN FOR LAT FOCUS OVER TRAP FOCUS, PULL TO STOMACH	
	LEAN AWAY CABLE LATERAL RAISE	3	12-15		8	1.0					PUT CABLE BETWEEN LEGS AND LEAN AWAY, DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	
	REVERSE PEC DECK	4	15-20		8	1.0					EXPERIMENT WITH GRIP AND SEE HOW YOU "FEEL" REAR DELTS ENGAGE THE MOST, PUSH HANDLES "OUT", DON'T PULL "BACK"	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BARBELL HIP THRUST	3	10-12		8	1.5					USE A WIDER STANCE, 15" FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BARBELL HIP THRUST (DROPSET)	1	15-20		8	1.5					REDUCE LOAD BY ~40-50%, PERFORM ANOTHER 15-20 REPS WITH CONSISTENT FORM	
	A1. CABLE PULLTHROUGH	3	10-12		8	0.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	A2. SINGLE LEG HIP THRUST	3	12-15		9	2.0					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
	CABLE GLUTE KICK BACK	3	12-15		8	1.5					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	STANDING CALF RAISE	3	15-20		8	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	LEG RAISE VARIATION (ABS)	3	10-12		8	1.5					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4	UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WIDE GRIP LAT PULLDOWN	3	8-10		8	1.5					LEAN BACK 30°, USE SLIGHT MOMENTUM, LAST SET TO FAILURE	
	1-ARM DUMBBELL ROW	3	10-12		8	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	
	INCLINE DUMBBELL CHEST PRESS	3	10-12		8	1.5					45° INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	DUMBBELL RAISE COMPLEX	2	15-15-15		8	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
	BANDED LATERAL RAISE	2	30		10	1.5					STAND IN THE MIDDLE OF A BAND AND PERFORM LATERAL RAISES, FASTER TEMPO, CONSTANT TENSION ON DELTS	
	BANDED SQUAT BOUNCER	3	20-25		8	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
	BANDED ABDUCTION (SEATED)	2	20-25		9	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WALKING LUNGE	3	20		7	1.5					20 TOTAL STRIDES, USE DUMBBELLS OR A BARBELL (LESS TRAP INVOLVEMENT WITH BARBELL)	
	CABLE GLUTE KICK BACK	3	15-20	-	8	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	LOWER BACK EXTENSION	3	15-20	-	8	1.0					SLIGHTLY ROUND LOWER BACK, 15" FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BANDED SIDE WALK	2	40		8	1.0					20 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT ~6 INCH STEPS	
	FROG PUMP	2	30-50		8	1.0					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

GLUTE HYPERTROPHY PROGRAM

WEEK
2

BLOCK 1 - ACCUMULATION

DAY 1	LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BACK SQUAT	3	6	75-80%	8	3.0					DRIVE THROUGH HEELS, KEEP KNEES OUT IN DIRECTION OF TOES, WIDER STANCE, 15' FOOT FLARE	
	ROMANIAN DEADLIFT	3	6-8		8	1.5					SET HIPS BACK UNTIL STRETCH IS FELT IN HAMSTRINGS, THRUST HIPS FORWARD AND SQUEEZE GLUTES HARD AT THE TOP	
	A1. SEATED LEG CURL	3	12-15		8	0.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
	A2. SWISS BALL LEG CURL	3	12-15		9	1.5					KEEP GLUTES ELEVATED, THIGHS IN A "STRAIGHT LINE" WITH UPPER BODY, CURL BALL IN TOWARD YOUR GLUTES	
	MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		8	1.5					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
	LEG RAISE VARIATION (ABS)	3	10-12		8	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
	CRUNCH VARIATION (ABS)	2	12-15		8	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2	UPPER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	STANDING DUMBBELL PRESS	3	10-12		8	2.0					KEEP SHOULDER BLADES RETRACTED, STOP RANGE OF MOTION ONCE ELBOWS REACH 90°	
	CLOSE GRIP LAT PULLDOWN	3	10-12		8	2.0					PULL THROUGH ELBOWS, THINK OF ARMS AS "CONNECTORS", TOUCH BAR TO CHEST	
	CLOSE GRIP SEATED CABLE ROW	3	12-15		8	1.5					DRIVE ELBOWS DOWN FOR LAT FOCUS OVER TRAP FOCUS, PULL TO STOMACH	
	LEAN AWAY DUMBBELL LATERAL RAISE	3	12-15		8	1.0					DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	
	REVERSE CABLE FLYE	4	15-20		8	1.0					SET UP BETWEEN TWO CABLES OVERHEAD AND FLYE BACK USING REAR DELTS	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BARBELL HIP THRUST	3	8-10		8	1.5					HEAVIER WEIGHT THIS WEEK WITH NO DROPSET	
	A1. CABLE PULLTHROUGH	3	10-12		8	0.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	A2. SINGLE LEG HIP THRUST	3	12-15		9	2.0					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
	CABLE GLUTE KICK BACK	3	12-15		8	1.5					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	SEATED CALF RAISE	3	15-20		8	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	LEG RAISE VARIATION (ABS)	3	10-12		8	1.5					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4	UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WIDE GRIP LAT PULLDOWN	3	8-10		8	1.5					LEAN BACK 30°, USE SLIGHT MOMENTUM, LAST SET TO FAILURE	
	1-ARM DUMBBELL ROW	3	10-12		8	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	
	INCLINE DUMBBELL FLYE	3	12-15		8	1.5					45° INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	DUMBBELL RAISE COMPLEX	2	15-15-15		8	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
	BANDED FRONT RAISE	2	30		10	1.5					STAND IN THE MIDDLE OF A BAND AND PERFORM FRONT RAISES, FASTER TEMPO, CONSTANT TENSION ON DELTS	
	BANDED SQUAT BOUNCER	3	20-25		8	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
	BANDED ABDUCTION (SEATED)	2	20-25		9	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WALKING LUNGE	3	20		7	1.5					20 TOTAL STRIDES, USE DUMBBELLS OR A BARBELL (LESS TRAP INVOLVEMENT WITH BARBELL)	
	CABLE PULLTHROUGH	3	15-20	-	8	1.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	LOWER BACK EXTENSION	3	15-20	-	8	1.0					SLIGHTLY ROUND LOWER BACK, 15° FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BANDED SIDE WALK	2	40		8	1.0					20 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT -6 INCH STEPS	
	FROG PUMP	2	30-50		8	1.0					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	

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TOTAL TRAINING TIME:

GLUTE HYPERTROPHY PROGRAM

WEEK
3

BLOCK 1 - ACCUMULATION

DAY 1	LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BACK SQUAT	3	6	78-83%	8	3.0					DRIVE THROUGH HEELS, KEEP KNEES OUT IN DIRECTION OF TOES, WIDER STANCE, 15" FOOT FLARE	
	ROMANIAN DEADLIFT	3	6-8		8	1.5					SET HIPS BACK UNTIL STRETCH IS FELT IN HAMSTRINGS, THRUST HIPS FORWARD AND SQUEEZE GLUTES HARD AT THE TOP	
	A1. SEATED LEG CURL	3	12-15		8	0.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
	A2. SWISS BALL LEG CURL	3	12-15		9	1.5					KEEP GLUTES ELEVATED, THIGHS IN A "STRAIGHT LINE" WITH UPPER BODY, CURL BALL IN TOWARD YOUR GLUTES	
	MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		9	1.5					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
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TOTAL TRAINING TIME:

DAY 2	UPPER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	SEATED DUMBBELL PRESS	3	10-12		8	2.0					KEEP SHOULDER BLADES RETRACTED, STOP RANGE OF MOTION ONCE ELBOWS REACH 90°	
	CLOSE GRIP LAT PULLDOWN	3	10-12		9	2.0					PULL THROUGH ELBOWS, THINK OF ARMS AS "CONNECTORS", TOUCH BAR TO CHEST	
	CLOSE GRIP SEATED CABLE ROW	3	12-15		9	1.5					DRIVE ELBOWS DOWN FOR LAT FOCUS OVER TRAP FOCUS, PULL TO STOMACH	
	LEAN AWAY CABLE LATERAL RAISE	3	12-15		9	1.0					PUT CABLE BETWEEN LEGS AND LEAN AWAY, DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	
	REVERSE PEC DECK	4	15-20		9	1.0					EXPERIMENT WITH GRIP AND SEE HOW YOU "FEEL" REAR DELTS ENGAGE THE MOST, PUSH HANDLES "OUT", DON'T PULL "BACK"	

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TOTAL TRAINING TIME:

DAY 3	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BARBELL HIP THRUST	3	10-12		8	1.5					USE A WIDER STANCE, 15" FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BARBELL HIP THRUST (DROPSET)	1	15-20		9	1.5					REDUCE LOAD BY ~40-50%, PERFORM ANOTHER 15-20 REPS WITH CONSISTENT FORM	
	A1. CABLE PULLTHROUGH	3	10-12		9	0.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	A2. SINGLE LEG HIP THRUST	3	12-15		9	2.0					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
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TOTAL TRAINING TIME:

DAY 4	UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WIDE GRIP LAT PULLDOWN	3	8-10		9	1.5					LEAN BACK 30°, USE SLIGHT MOMENTUM, LAST SET TO FAILURE	
	1-ARM DUMBBELL ROW	3	10-12		9	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	
	INCLINE DUMBBELL CHEST PRESS	3	10-12		9	1.5					45° INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	DUMBBELL RAISE COMPLEX	2	15-15-15		9	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
	BANDED LATERAL RAISE	2	30		10	1.5					STAND IN THE MIDDLE OF A BAND AND PERFORM LATERAL RAISES, FASTER TEMPO, CONSTANT TENSION ON DELTS	
	BANDED SQUAT BOUNCER	3	20-25		9	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
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TOTAL TRAINING TIME:

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	GLUTE KICKBACK	3	15-20	-	9	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	LOWER BACK EXTENSION	3	15-20	-	9	1.0					SLIGHTLY ROUND LOWER BACK, 15" FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BANDED SIDE WALK	2	40		8	1.0					20 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT ~6 INCH STEPS	
	FROG PUMP	2	30-50		8	1.0					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	

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TOTAL TRAINING TIME:

GLUTE HYPERTROPHY PROGRAM

WEEK
4

BLOCK 1 - ACCUMULATION

DAY 1	LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BACK SQUAT	4	6	78-83%	8.5	3.0					DRIVE THROUGH HEELS, KEEP KNEES OUT IN DIRECTION OF TOES, WIDER STANCE, 15' FOOT FLARE	
	ROMANIAN DEADLIFT	4	6-8		8	1.5					SET HIPS BACK UNTIL STRETCH IS FELT IN HAMSTRINGS, THRUST HIPS FORWARD AND SQUEEZE GLUTES HARD AT THE TOP	
	A1. SEATED LEG CURL	3	12-15		8	0.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
	A2. SWISS BALL LEG CURL	3	12-15		9	1.5					KEEP GLUTES ELEVATED, THIGHS IN A "STRAIGHT LINE" WITH UPPER BODY, CURL BALL IN TOWARD YOUR GLUTES	
	MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		9	1.5					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
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TOTAL TRAINING TIME:

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	CLOSE GRIP SEATED CABLE ROW	3	12-15		9	1.5					DRIVE ELBOWS DOWN FOR LAT FOCUS OVER TRAP FOCUS, PULL TO STOMACH	
	LEAN AWAY DUMBBELL LATERAL RAISE	3	12-15		9	1.0					DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	
	REVERSE CABLE FLYE	4	15-20		9	1.0					SET UP BETWEEN TWO CABLES OVERHEAD AND FLYE BACK USING REAR DELTS	

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TOTAL TRAINING TIME:

DAY 3	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BARBELL HIP THRUST	4	8-10		8	1.5					HEAVIER WEIGHT THIS WEEK WITH NO DROPSET	
	A1. CABLE PULLTHROUGH	3	10-12		9	0.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	A2. SINGLE LEG HIP THRUST	3	12-15		9	2.0					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
	CABLE GLUTE KICK BACK	3	12-15		9	1.5					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	SEATED CALF RAISE	3	15-20		9	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4	UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WIDE GRIP LAT PULLDOWN	3	8-10		9	1.5					LEAN BACK 30°, USE SLIGHT MOMENTUM, LAST SET TO FAILURE	
	1-ARM DUMBBELL ROW	3	10-12		9	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	
	INCLINE DUMBBELL FLYE	3	12-15		9	1.5					45° INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	DUMBBELL RAISE COMPLEX	2	15-15-15		9	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
	BANDED FRONT RAISE	2	30		10	1.5					STAND IN THE MIDDLE OF A BAND AND PERFORM FRONT RAISES, FASTER TEMPO, CONSTANT TENSION ON DELTS	
	BANDED SQUAT BOUNCER	3	20-25		9	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
	BANDED ABDUCTION (SEATED)	2	20-25		9	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WALKING LUNGE	3	30		8	1.5					30 TOTAL STRIDES, USE DUMBBELLS OR A BARBELL (LESS TRAP INVOLVEMENT WITH BARBELL)	
	CABLE PULLTHROUGH	4	15-20	-	9	1.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	LOWER BACK EXTENSION	3	15-20	-	9	1.0					SLIGHTLY ROUND LOWER BACK, 15° FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BANDED SIDE WALK	2	40		8	1.0					20 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT ~6 INCH STEPS	
	FROG PUMP	2	30-50		8	1.0					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

GLUTE HYPERTROPHY PROGRAM

WEEK
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BLOCK 1 - ACCUMULATION

DAY 1	LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BACK SQUAT	3	7	75-80%	8.5	3.0					DRIVE THROUGH HEELS, KEEP KNEES OUT IN DIRECTION OF TOES, WIDER STANCE, 15' FOOT FLARE	
	ROMANIAN DEADLIFT	4	6-8		8	1.5					SET HIPS BACK UNTIL STRETCH IS FELT IN HAMSTRINGS, THRUST HIPS FORWARD AND SQUEEZE GLUTES HARD AT THE TOP	
	A1. SEATED LEG CURL	3	12-15		8	0.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
	A2. SWISS BALL LEG CURL	3	12-15		9	1.5					KEEP GLUTES ELEVATED, THIGHS IN A "STRAIGHT LINE" WITH UPPER BODY, CURL BALL IN TOWARD YOUR GLUTES	
	MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		9	1.5					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
	CRUNCH VARIATION (ABS)	2	12-15		9	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2	UPPER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	SEATED DUMBBELL PRESS	4	10-12		8	2.0					KEEP SHOULDER BLADES RETRACTED, STOP RANGE OF MOTION ONCE ELBOWS REACH 90 °	
	CLOSE GRIP LAT PULLDOWN	3	10-12		9	2.0					PULL THROUGH ELBOWS, THINK OF ARMS AS "CONNECTORS", TOUCH BAR TO CHEST	
	CLOSE GRIP SEATED CABLE ROW	3	12-15		9	1.5					DRIVE ELBOWS DOWN FOR LAT FOCUS OVER TRAP FOCUS, PULL TO STOMACH	
	LEAN AWAY CABLE LATERAL RAISE	3	12-15		9	1.0					PUT CABLE BETWEEN LEGS AND LEAN AWAY, DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	
DAY 3	REVERSE PEC DECK	4	15-20		9	1.0					EXPERIMENT WITH GRIP AND SEE HOW YOU "FEEL" REAR DELTS ENGAGE THE MOST, PUSH HANDLES "OUT", DON'T PULL "BACK"	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BARBELL HIP THRUST	4	10-12		8	1.5					USE A WIDER STANCE, 15' FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BARBELL HIP THRUST (DROPSET)	1	15-20		9	1.5					REDUCE LOAD BY ~40-50%, PERFORM ANOTHER 15-20 REPS WITH CONSISTENT FORM	
	A1. CABLE PULLTHROUGH	3	10-12		9	0.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	A2. SINGLE LEG HIP THRUST	3	12-15		9	2.0					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
	CABLE GLUTE KICK BACK	3	12-15		9	1.5					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	STANDING CALF RAISE	3	15-20		9	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
DAY 4	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4	UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WIDE GRIP LAT PULLDOWN	3	8-10		9	1.5					LEAN BACK 30°, USE SLIGHT MOMENTUM, LAST SET TO FAILURE	
	1-ARM DUMBBELL ROW	3	10-12		9	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	
	INCLINE DUMBBELL CHEST PRESS	3	10-12		9	1.5					45° INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	DUMBBELL RAISE COMPLEX	2	15+15+15		9	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
	BANDED LATERAL RAISE	2	30		10	1.5					STAND IN THE MIDDLE OF A BAND AND PERFORM LATERAL RAISES, FASTER TEMPO, CONSTANT TENSION ON DELTS	
	BANDED SQUAT BOUNCER	3	20-25		9	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
DAY 5	BANDED ABDUCTION (SEATED)	2	20-25		9	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WALKING LUNGE	3	30		8	1.5					30 TOTAL STRIDES, USE DUMBBELLS OR A BARBELL (LESS TRAP INVOLVEMENT WITH BARBELL)	
	GLUTE KICKBACK	4	15-20	-	9	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	LOWER BACK EXTENSION	3	15-20	-	9	1.0					SLIGHTLY ROUND LOWER BACK, 15' FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BANDED SIDE WALK	2	40		8	1.0					20 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT ~6 INCH STEPS	
DAY 6	FROG PUMP	2	30-50		8	1.0					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	

GLUTE HYPERTROPHY PROGRAM

WEEK
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BLOCK 1 - ACCUMULATION

DAY 1	LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BACK SQUAT	4	7	75-80%	9	3.0					DRIVE THROUGH HEELS, KEEP KNEES OUT IN DIRECTION OF TOES, WIDER STANCE, 15' FOOT FLARE	
	ROMANIAN DEADLIFT	4	6-8		8	1.5					SET HIPS BACK UNTIL STRETCH IS FELT IN HAMSTRINGS, THRUST HIPS FORWARD AND SQUEEZE GLUTES HARD AT THE TOP	
	A1. SEATED LEG CURL	3	12-15		8	0.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
	A2. SWISS BALL LEG CURL	3	12-15		9	1.5					KEEP GLUTES ELEVATED, THIGHS IN A "STRAIGHT LINE" WITH UPPER BODY, CURL BALL IN TOWARD YOUR GLUTES	
	MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		9	1.5					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
	CRUNCH VARIATION (ABS)	2	12-15		9	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2	UPPER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	STANDING DUMBBELL PRESS	4	10-12		8	2.0					KEEP SHOULDER BLADES RETRACTED, STOP RANGE OF MOTION ONCE ELBOWS REACH 90	
	CLOSE GRIP LAT PULLDOWN	3	10-12		9	2.0					PULL THROUGH ELBOWS, THINK OF ARMS AS "CONNECTORS", TOUCH BAR TO CHEST	
	CLOSE GRIP SEATED CABLE ROW	3	12-15		9	1.5					DRIVE ELBOWS DOWN FOR LAT FOCUS OVER TRAP FOCUS, PULL TO STOMACH	
	LEAN AWAY DUMBBELL LATERAL RAISE	3	12-15		9	1.0					DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	
	REVERSE CABLE FLYE	4	15-20		9	1.0					SET UP BETWEEN TWO CABLES OVERHEAD AND FLYE BACK USING REAR DELTS	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BARBELL HIP THRUST	4	8-10		8	1.5					HEAVIER WEIGHT, PLUS A DROPSET	
	BARBELL HIP THRUST (DROPSET)	1	15-20		9	1.5					REDUCE LOAD BY ~40-50%, PERFORM ANOTHER 15-20 REPS WITH CONSISTENT FORM	
	A1. CABLE PULLTHROUGH	3	10-12		9	0.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	A2. SINGLE LEG HIP THRUST	3	12-15		9	2.0					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
	CABLE GLUTE KICK BACK	3	12-15		9	1.5					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	SEATED CALF RAISE	3	15-20		9	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4	UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WIDE GRIP LAT PULLDOWN	3	8-10		9	1.5					LEAN BACK 30 , USE SLIGHT MOMENTUM, LAST SET TO FAILURE	
	1-ARM DUMBBELL ROW	3	10-12		9	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	
	INCLINE DUMBBELL FLYE	3	12-15		9	1.5					45 INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	DUMBBELL RAISE COMPLEX	2	15+15+15		9	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
	BANDED FRONT RAISE	2	30		10	1.5					STAND IN THE MIDDLE OF A BAND AND PERFORM FRONT RAISES, FASTER TEMPO, CONSTANT TENSION ON DELTS	
	BANDED SQUAT BOUNCER	3	20-25		9	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
	BANDED ABUDCTION (SEATED)	2	20-25		9	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WALKING LUNGE	3	30		8	1.5					30 TOTAL STRIDES, USE DUMBBELLS OR A BARBELL (LESS TRAP INVOLVEMENT WITH BARBELL)	
	CABLE PULLTHROUGH	4	15-20	-	9	1.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	LOWER BACK EXTENSION	3	15-20	-	9	1.0					SLIGHTLY ROUND LOWER BACK, 15 FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BANDED SIDE WALK	2	40		8	1.0					20 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT ~6 INCH STEPS	
	FROG PUMP	2	30-50		8	1.0					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

GLUTE HYPERTROPHY PROGRAM

WEEK
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BLOCK 2 - METABOLIC FOCUS

DAY 1

LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	2	5	65-70%	6	3.0					LIGHT WEIGHT, PRACTICE GOOD FORM AND CONTROL	
LYING LEG CURL	3	20		8	1.5					CONSISTENT SPEED AND RANGE OF MOTION ACROSS ALL REPS - CONTROL!	
SWISS BALL TRIPLE THREAT	3	15-15-15		8	1.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
ELEVATED GLUTE BRIDGE	3	30		8	1.0					PERFORM BODYWEIGHT, FEET UP ON BENCH, SQUEEZE GLUTES HARD AT THE TOP OF EACH REP	
LEG RAISE VARIATION (ABS)	3	10-12		8	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
CRUNCH VARIATION (ABS)	2	12-15		8	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
BANDED SUMO WALK	3	20		8	1.0					BEND AT HIPS, WIDE STANCE, SHORT STEPS MOVING FORWARD, 1 STEP = 1 REP	
BANDED SIDE WALK	3	30	-	8	1.0					15 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT -6 INCH STEPS	
CABLE GLUTE KICKBACK	3	15-20		8	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		9	1.0					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENSION - NO REST BETWEEN REPS!	
DUMBBELL RAISE COMPLEX	2	15-15-15		9	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
REVERSE PEC DECK	4	15-20		9	1.0					EXPERIMENT WITH GRIP AND SEE HOW YOU "FEEL" REAR DELTS ENGAGE THE MOST, PUSH HANDLES "OUT"; DON'T PULL "BACK"	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
BANDED SIDE LYING CLAMS	3	20		8	1.0					BAND AROUND KNEES, FEET TOGETHER, FOCUS ON ACTIVATING GLUTE MEDIUS	
SINGLE LEG HIP THRUST	3	12-15		9	1.5					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
A1. BANDED SIDE WALK	2	30		8	0.0					15 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT -6 INCH STEPS	
A2. FROG PUMPS	2	20		9	1.5					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	
STANDING CALF RAISE	3	15-20		8	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
LEG RAISE VARIATION (ABS)	3	10-12		8	1.0					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4

UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
LOWER BACK EXTENSION (PUMPER)	3	15-20		8	1.0					USE ONLY THE MIDDLE 1/2 OF THE RANGE OF MOTION AND KEEP CONSTANT TENSION ON GLUTES	
BANDED SQUAT BOUNCER	3	20-25		8	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
BANDED ABUDCTION (SEATED)	2	20-25		8	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	
CABLE GLUTE KICKBACK	3	15-20		8	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
WIDE GRIP LAT PULLDOWN	3	12-15		7	1.5					LEAN BACK 30 , USE SLIGHT MOMENTUM, LIGHTER WEIGHT	
1-ARM DUMBBELL ROW	3	10-12		8	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5

LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
ROMANIAN DEADLIFT	3	20		8	1.5					USE LIGHTER WEIGHT, MIND MUSCLE CONNECTION WITH HAMSTRINGS	
CABLE PULLTHROUGH	4	15-20	-	8	1.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
STANDING CABLE HIP ABDUCTION	3	15-20	-	8	1.0					HOLD ONTO UPRIGHT FOR SUPPORT, PALPATE GLUTE MEDIUS TO ENSURE ACTIVATION	
BANDED SIDE LYING CLAMS	3	20		8	1.0					BAND AROUND KNEES, FEET TOGETHER, FOCUS ON ACTIVATING GLUTE MEDIUS	
LEAN AWAY CABLE LATERAL RAISE	3	12-15		8	1.0					PUT CABLE BETWEEN LEGS AND LEAN AWAY, DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

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WEEK
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BLOCK 2 - METABOLIC FOCUS

DAY 1

LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	2	5	65-70%	6	3.0					LIGHT WEIGHT, PRACTICE GOOD FORM AND CONTROL	
LYING LEG CURL	3	20		8	1.5					CONSISTENT SPEED AND RANGE OF MOTION ACROSS ALL REPS - CONTROL!	
SWISS BALL TRIPLE THREAT	3	15-15-15		8	1.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
ELEVATED GLUTE BRIDGE	3	30		8	1.0					PERFORM BODYWEIGHT, FEET UP ON BENCH, SQUEEZE GLUTES HARD AT THE TOP OF EACH REP	
LEG RAISE VARIATION (ABS)	3	10-12		8	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
CRUNCH VARIATION (ABS)	2	12-15		8	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
BANDED SUMO WALK	3	20		8	1.0					BEND AT HIPS, WIDE STANCE, SHORT STEPS MOVING FORWARD, 1 STEP = 1 REP	
BANDED SIDE WALK	3	30	-	8	1.0					15 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT -6 INCH STEPS	
CABLE GLUTE KICKBACK	3	15-20		8	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		9	1.0					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
DUMBBELL RAISE COMPLEX	2	15-15-15		9	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
REVERSE PEC DECK	4	15-20		9	1.0					EXPERIMENT WITH GRIP AND SEE HOW YOU "FEEL" REAR DELTS ENGAGE THE MOST, PUSH HANDLES "OUT", DON'T PULL "BACK"	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
BANDED SIDE LYING CLAMS	3	20		8	1.0					BAND AROUND KNEES, FEET TOGETHER, FOCUS ON ACTIVATING GLUTE MEDIUS	
SINGLE LEG HIP THRUST	3	12-15		9	1.5					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
A1. BANDED SIDE WALK	2	30		8	0.0					15 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT -6 INCH STEPS	
A2. FROG PUMPS	2	20		9	1.5					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	
STANDING CALF RAISE	3	15-20		8	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
LEG RAISE VARIATION (ABS)	3	10-12		8	1.0					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4

UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
LOWER BACK EXTENSION (PUMPER)	3	15-20		8	1.0					USE ONLY THE MIDDLE 1/2 OF THE RANGE OF MOTION AND KEEP CONSTANT TENSION ON GLUTES	
BANDED SQUAT BOUNCER	3	20-25		8	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
BANDED ABUDCTION (SEATED)	2	20-25		8	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	
CABLE GLUTE KICKBACK	3	15-20		8	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
WIDE GRIP LAT PULLDOWN	3	12-15		7	1.5					LEAN BACK 30 , USE SLIGHT MOMENTUM, LIGHTER WEIGHT	
1-ARM DUMBBELL ROW	3	10-12		8	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5

LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
ROMANIAN DEADLIFT	3	20		8	1.5					USE LIGHTER WEIGHT, MIND MUSCLE CONNECTION WITH HAMSTRINGS	
CABLE PULLTHROUGH	4	15-20	-	8	1.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
STANDING CABLE HIP ABDUCTION	3	15-20	-	8	1.0					HOLD ONTO UPRIGHT FOR SUPPORT, PALPATE GLUTE MEDIUS TO ENSURE ACTIVATION	
BANDED SIDE LYING CLAMS	3	20		8	1.0					BAND AROUND KNEES, FEET TOGETHER, FOCUS ON ACTIVATING GLUTE MEDIUS	
LEAN AWAY CABLE LATERAL RAISE	3	12-15		8	1.0					PUT CABLE BETWEEN LEGS AND LEAN AWAY, DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME: